



Friday 17th January 2020

Dear Parents,

The Lent term is short and sharp. The same amount happens, but in much less time. Let's get our skates on! I hope that Upper Sixth **Mock exams** and Year 11 English Mocks went well, and also that Year 8 **Parents Evening** last night was useful for lots of families.

It was excellent to see our Year 11 students and external applicants thinking about A-level choices at **Sixth Form taster day** yesterday.

Well done to everyone who attempted the fiendish **Christmas Challenge** in the last week of term, especially the winning team of Joe Birchall, Zak Goulding, Owen Russell and Madi Thompson!

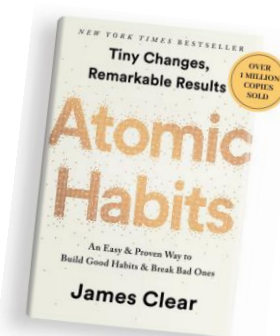


Swimming gala – Lancaster University

New Year's Resolutions?

James Clear's best-selling book "Atomic Habits" argues that it is much more effective to act on our **habits** than focus on lofty **goals**. He describes habits as the hundreds of votes we cast each day about our future. Focus on those daily behaviours, he advises. Don't wait for inspiration, just put small actions into place.

Frittering away revision time? Willpower probably won't stop you – but putting your phone in a different room probably will. *Want to get homework done?* Instead of hoping to become a better person, getting your book open on the page and a pen ready on the desk might work! Best wishes with your aims for 2020.



Old School House café

The downstairs café in Old School House is now open for Year 11 pupils as well as Sixth Formers. We hope that this Year 11 privilege will be popular at break and lunchtimes. The café serves savoury and sweet food including sandwiches, toasties and hot drinks at break time, as well as pizza slices and pasta, noodle or rice pots at lunch.

Lenten Charities

It has been excellent to see pupils starting to raise money for our six Lenten Charities. This is a key part of the school year, and a great opportunity for pupils to come up with enjoyable fundraising ideas and put them into practice. We hope to encourage lots of social entrepreneurs and future philanthropists! Our charities this year are:

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| ○ CANCER RESEARCH UK | Saving lives through research | www.cancerresearchuk.org |
| ○ MONEY FOR MADAGASCAR | Investing in people and the environment | moneyformadagascar.org |
| ○ MOVEMBER | Changing the face of men's health | uk.movember.com |
| ○ NISHKAM SWAT | Transforming disadvantaged communities | swatlondon.com |
| ○ ST. JOHN'S HOSPICE | Providing specialist palliative care | www.sjhospice.org.uk |
| ○ TEAM REECE | Children's brain tumour and cancer care | www.teamreece.org.uk |

With all best wishes for the term and year ahead ~ Dr C.J. Pyle

 @LRGLancaster



Elf Run for St John's Hospice



District Cross-country Champions



Friends PE kit donated to Rwanda